



Treatment Times

IRONWOOD

2010 Edition I



There's been a lot going on up at the house lately. Kevin, Jake, and Tag made their way up the graduation trail. Alec and Scott got their papers for green and are now up at the farmhouse. Megan, Julie, and Alex all got their blues! Thanksgiving came around and was a lot of fun, but not before Halloween. The farmhouse went trick-or-treating (to the office) and scared Bill in the Frye barn. The farmhouse girls also went on an overnight camping trip with Jess in November.

We also have a new member to the barn family, a horse named Lucky! Parent weekend was awesome. Music group went well, as did the quadrille.

Well, that's about all that's new up here at the farm.



We have had a lot of good ethnic nights in the last couple of months. The first ethnic night was hosted by Alex and Gaby. They did Argentina and their food was amazing! They had meat empanadas and pancakes de dulce leche (pancakes with vanilla). It was the best dessert I've had in a long time!

The Native American night was the best! Brandon and Andrew were the hosts of that.



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We made bison burgers with mushrooms as our main course, maple mashed sweet potatoes, and apple crisp. It was delicious!

We then traveled from Native America to Finland. Amanda and Audrey did a great job! It was an awesome feast. They made meat and macaroni casserole, sausage and hash, apples dipped in honey and the best was the Finnish trifle. It was made of crushed cookie crumbs,

strawberry jam, and whipping cream. It was like heaven in your mouth.

The spiciest night was Mexico. Jake, Kevin, Tag, and Lars were the cooks and you knew from that group that it was going to be spicy. They made chimichangas, fruit empanadas, and chili mole. Everything had a kick to it. As you can see, we all enjoyed traveling around the world in the Farmhouse.





Jake's Journey to the Farmhouse

My journey to the farmhouse was one to remember. It all started when I was in school and got pulled out to present my speech. I was kind of nervous, but I had been waiting for this moment since I was orange and that was long enough. I got my papers a couple of months before, but I made some really stupid decisions and couldn't present. I was then told that I would present the next Thursday, so I waited another week. I made another stupid move, and along with a few other kids got put on work impact for four days. That was not fun at all. After that I realized I had to smarten up. So I got my purple back and my papers.

After I presented I was anxiously waiting for Kellie to radio down and ask for me to come up. Right around lunch time I listened

when the radio came on and heard my name and green shirt in the same sentence, so I knew I was going up and I couldn't wait. I was soon to be reunited with my buddy, Alex. As I was walking up the graduation trail I started to get really tired so I took a few breaks. When I finally got up there no one was outside until the last second, but it was cool, it made it a lot funnier when they came out. Once I stepped in the farmhouse I was overwhelmed! Every day that I have been up here has been a lot of fun and surprisingly a whole lot louder than Frye.



Kevin's Journey to the Farmhouse

I got to Ironwood the day before the fourth of July and had a full day of impact during the holiday. Jake welcomed me off of impact and then I became friends with him and the other residents. I spent two months in orange and then finally got my purple a week before parent weekend.

Then unfortunately a week after parent weekend me and a few of the other residents got put on work impact and I was one of the three who stayed on for six days. I remained orange for about another two weeks and got put on work impact once more during that time. Then I got my purple back and another two weeks after that I was on kitchen crew all night while most of the other kids were out by the fire so when quiet time started, Gordon

said I could stay by the fire with staff Matt. Then he called me into the bunk and I grabbed my hygiene bucket and found my papers within. I presented a week later and Bill called me down from lunch and had me sit in a gazebo and told me he didn't want to see me back in that spot so I packed up my stuff and headed up the scenic trail that began in between the yurts. It was a treacherous walk but I made it up and here I am!

"I grabbed my hygiene bucket and found my papers within."





Staff of the Month: Gordon!!!

By: Amanda

Amanda: So, Gordon, how have you been?

Gordon: How have I been? I have been well, thank you.

Amanda: What's your favorite part of working at Ironwood?

Gordon: Seeing when a kid finally gets it. And I think you know what I mean when I say that.

Amanda: I do. What's your favorite color?

Gordon: A combination of black and gold. Or just black and gold.

Amanda: What's your favorite nickname?

Gordon: Umm...*ponders*...I'll go with Bill's. Nightshade. Although that will sound a bit strange to those who read it, since Nightshade is a female. You're writing all that down, aren't you?

Amanda: Yep. Have you ever been to Hawaii?

Gordon: No.

Amanda: What's your favorite food?

Gordon: Edible. No, I'll give you a better answer. Probably...prime rib, mashed potatoes, and a bunion onion.

Amanda: What's that?

Gordon: It's a large onion that is cut most of the way through from the top, covered in batter, and fried.

Amanda: Wow. Sounds like a heart attack.

Gordon: Never.

Amanda: What made you decide to work at Ironwood?

Gordon: The opportunity to work with teenagers and possibly make a difference.

Amanda: Alright, thank you for the interview. Any last thoughts?

Gordon: Well, I didn't think this would happen this soon, but I guess... Be a Borean.

Amanda: What is that?

Gordon: They're a people who were known for their intense study. They didn't accept things because someone said it. They searched it out, to find truth.

"They didn't accept things because someone said it. They searched it out, to find truth."





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Field Trips!!!

By: Shawn

In September there was only one main field trip, and that was to the Common Ground Fair in Unity. The farmhouse left on Saturday to visit the fair for a couple hours. After deep clean of course. Everyone had lots of fun. The common ground fair had lots of animals and plenty of

food. Some of the food that was available were lobster rolls, Italian sausages, and fried dough. All the food served at the fair had to be organic.

In October the farmhouse went on three field trips, a golfing trip, a corn maze, and Acadia National Park. Acadia was the

the big field trip in October... the farmhouse was gone for the whole day and had a blast!





Animal Update

By: Julie

"The animal world has been going through some changes..."

Recently at Ironwood, the animal world has been going through some changes. In the barn, we have a new horse named Lucky. He's a white Arabian /quarter horse cross. Switching to dogs, unfortunately Drake will be leaving Ironwood soon. He's going to a home where he can stay inside for most of the day and



not put so much stress on his joints. Although we are all sad to have him leave, it's the best choice for him. Charlie and Sunshine, the pigs, are doing well at the new barn down at Frye, along with the donkeys and the chickens. All in all, everything's going well with the animals at Ironwood.





“ The only way to stay blue is to be honest, not only with others, but also with yourself. Make sure you’re doing the right things for the right reasons, not because someone’s watching.”

Advice Column

By: Lars

Q- What does it take to get your blue?
How do you keep it?

A- In my opinion, the most important values required to attain level 4 are integrity and honesty. The only way to stay blue is to be honest not only with others, but also with yourself. Make sure you're doing the right things for the right reasons, not because someone's watching.

Q- What's the best way to deal with anger towards staff or residents up at the farmhouse?

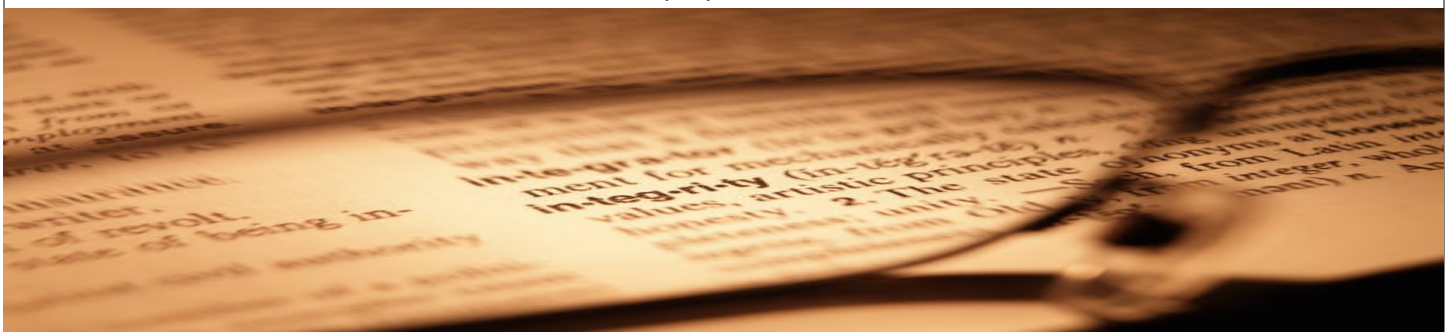
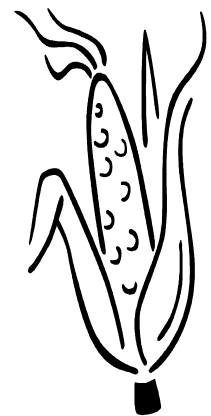
A- Talk about it! No one is going to know what's going on in your head unless you talk to people about it. My advice would be to pull a staff aside and address the issue in a calm, mature and logical manner. Holding in or repressing feelings is only going to make the situation worse.

Q- Do you have any advice for going home?

A- Whether you're going on your home visit or getting ready to graduate, the most important thing to keep in mind is that it is probably for the best to avoid all the old "friends" who contributed to any negative or dangerous activities you were involved in. Another piece of advice would be to try and spend as much quality time with your family as possible.

Q- What's the best way to deal with getting sent down to Frye?

A- Getting sent to Frye should not be considered a bad thing. As a matter of fact it should be viewed as an opportunity to work on whatever you're struggling with. The best way to look at it is as though you are getting a chance to work on what is most important and to show that you can keep a positive attitude.





Graduates

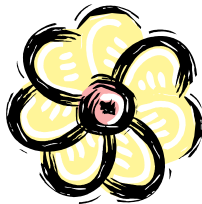
By: Andrew

Over these past couple months we have had several friends leave and go home to start their new endeavors in life. The first to go was Sarahanne. She had been at Ironwood for around eight months. Hillary graduated on October twentieth. She had been at Ironwood for fifteen months. Before leaving she was voted a peer leader.

Next in line was Tom. He graduated on November fourteenth. He was here for about seven months. All of these people worked really hard during their stay here and it was like losing a family member when each of them left. They will all be missed and we wish them luck in reaching their new goals in life.



(Editor's note- Andrew recently graduated)





"I felt very accomplished and proud of our communication skills together."

Experimental Activities

By: Megan

Recently, Erin had the girls and guys break up into groups, and then took the guys outside to do a "team building activity". Once they were finished she took the girls outside. When we got outside Erin paired us up with a partner. One person was told to put on a blind fold and the other had to tie a string on each wrist and each ankle of the person wearing the blind fold. They had to guide the blind victim through an obstacle course, but they couldn't touch them or talk to them. They could only tell them what to do by pulling on the strings. For me

I was paired up with Julie; she was the blind victim and I was the guide. At times it was difficult when she didn't know what I was asking her to do, but after we got through the obstacle course I felt very accomplished and proud of our communication skills together.



Sports

By: Tag

Since I've been up at the farmhouse we haven't been able to organize too many big games, and unfortunately the rules prohibit many of the desirable ones, like football, hockey and dodge ball. We have, however, gotten several nice games of baseball going. Two Sundays ago, we were able to have all of the Frye residents come up next to the outdoor arena and have a great game with a ridiculous amount of sliding, provided by Andy.

On Thanksgiving we had game two in which we played down in the Field. The terrain was questionable. This became apparent when Alban hit a homerun and had mud covering his face by the time he rounded home plate. The day also held an instance of Magic being struck accidentally with a softball, and Breeze retrieving two errant fly

-balls into the woods. Aside from these all inclusive games, the farmhouse has also used the Indoor Arena to facilitate some pretty epic games of Capture the Flag.

The only other sport that's played often here takes place at the pool table, where Andrew and Tag have an ongoing rivalry. Right now their wins are tied at two. And that concludes the sports section.

